

# **2011 YOUTH RISK BEHAVIOR SURVEY**

## **MONTANA HIGH SCHOOL**

### **TREND REPORT 1999 - 2011**

RANDOM SAMPLING PROCEDURES WERE FOLLOWED TO  
OBTAIN THESE WEIGHTED DATA. THE RESULTS ARE REPRESENTATIVE  
OF ALL MONTANA HIGH SCHOOL STUDENTS IN GRADES 9-12.



**Montana  
Office of Public Instruction**  
Denise Juneau, State Superintendent

## 2011 Montana Youth Risk Behavior Survey Trend Report

**Shaded data** indicate a significant difference between 2009 and 2011 prevalence.

| <b>Injury and Violence</b>                                                                                                                          | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> | <b>2011</b> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>                                                                                                             |             |             |             |             |             |             |             |
| Rode a bicycle and never or rarely wore a bicycle helmet during the past 12 months                                                                  | 86.8        | 85.1        | 83.4        | 82.3        | 83.8        | 82.7        | 81.2        |
| Never or rarely wore a seat belt when riding in a car driven by someone else                                                                        | 23.1        | 19.8        | 17.8        | 13.9        | 14.2        | 13.1        | 11.2        |
| Never or rarely wore a seat belt when driving a car                                                                                                 |             | 18.7        | 19.5        | 15.8        | 14.9        | 13.9        | 13.2        |
| Rode in a car driven by someone who had been drinking alcohol during the past 30 days                                                               | 43.1        | 39.3        | 36.9        | 34.4        | 32.9        | 28.8        | 26.1        |
| Drove a car when they had been drinking alcohol during the past 30 days                                                                             | 22.7        | 21.8        | 20.4        | 18.5        | 16.0        | 13.5        | 10.6        |
| Texted or e-mailed while driving a car during the past 30 days                                                                                      |             |             |             |             |             |             | 50.2        |
| Talked on a cell phone while driving a car during the past 30 days                                                                                  |             |             |             |             |             |             | 53.3        |
| Carried a weapon such as a gun, knife, or club during the past 30 days                                                                              | 20.3        | 21.4        | 19.4        | 21.4        | 22.1        | 23.0        | 23.5        |
| Carried a gun during the past 30 days                                                                                                               | 8.6         | 9.0         | 8.7         | 9.0         | 7.8         | 9.2         | 9.0         |
| Carried a weapon on school property during the past 30 days                                                                                         | 9.2         | 8.7         | 7.2         | 10.2        | 9.7         | 7.9         | 9.3         |
| Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days                                   | 3.0         | 5.5         | 3.4         | 4.2         | 4.2         | 5.2         | 4.2         |
| Had been threatened or injured with a weapon on school property during the past 12 months                                                           | 6.5         | 8.5         | 7.1         | 8.0         | 7.0         | 7.4         | 7.5         |
| Had property such as their car, clothing, or books stolen or deliberately damaged on school property during the past 12 months                      |             |             | 28.9        | 30.1        | 28.6        | NA          | 28.7        |
| Were in a physical fight during the past 12 months                                                                                                  | 32.1        | 31.6        | 28.6        | 30.5        | 32.8        | 31.7        | 25.4        |
| Were injured in a physical fight that required medical treatment during the past 12 months                                                          | 3.7         | 3.6         | 3.4         | 3.6         | 3.7         | 4.9         | 2.7         |
| Were in a physical fight on school property during the past 12 months                                                                               | 12.7        | 12.2        | 10.3        | 10.9        | 12.0        | 10.8        | 9.1         |
| Were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months                                         | 10.5        | 10.3        | 11.7        | 10.9        | 10.6        | 9.6         | 11.0        |
| Have ever been physically forced to have sexual intercourse when they did not want to                                                               |             | 8.8         | 9.8         | 10.2        | 8.8         | 9.2         | 9.8         |
| Had ever been bullied on school property during the past 12 months                                                                                  |             |             |             |             |             | 23.1        | 26.0        |
| Had ever been electronically bullied, such as through e-mail, chat rooms, instant messaging, Web sites, or text messaging during the past 12 months |             |             |             |             |             | 17.9        | 19.2        |
| Felt so sad or hopeless for two weeks or more in a row that they stopped doing some usual activities during the past 12 months                      | 25.9        | 26.6        | 26.4        | 25.6        | 25.8        | 27.3        | 25.2        |
| Seriously considered attempting suicide during the past 12 months                                                                                   | 18.6        | 19.4        | 18.9        | 17.5        | 15.1        | 17.4        | 15.2        |

| <b><i>Injury and Violence – continued.</i></b>                                                                              | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> | <b>2011</b> |
|-----------------------------------------------------------------------------------------------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>                                                                                     |             |             |             |             |             |             |             |
| Made a plan about how they would attempt suicide during the past 12 months                                                  | <b>15.6</b> | <b>16.3</b> | <b>14.8</b> | <b>14.6</b> | <b>13.2</b> | <b>13.4</b> | <b>12.3</b> |
| Actually attempted suicide during the past 12 months                                                                        | <b>6.7</b>  | <b>10.4</b> | <b>9.7</b>  | <b>10.3</b> | <b>7.9</b>  | <b>7.7</b>  | <b>6.5</b>  |
| Had a suicide attempt resulting in injury, poisoning, or overdose that required medical treatment during the past 12 months | <b>2.5</b>  | <b>3.7</b>  | <b>3.0</b>  | <b>3.1</b>  | <b>2.7</b>  | <b>2.8</b>  | <b>2.4</b>  |

| <b><i>Tobacco Use</i></b>                                                                                     | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> | <b>2011</b> |
|---------------------------------------------------------------------------------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>                                                                       |             |             |             |             |             |             |             |
| Ever tried cigarette smoking                                                                                  | <b>70.3</b> | <b>66.5</b> | <b>61.0</b> | <b>55.4</b> | <b>52.1</b> | <b>50.0</b> | <b>44.0</b> |
| Smoked a cigarette before age 13                                                                              | <b>24.7</b> | <b>25.0</b> | <b>20.7</b> | <b>17.6</b> | <b>14.7</b> | <b>12.3</b> | <b>11.1</b> |
| Smoked a cigarette on one or more of the past 30 days (“current”)                                             | <b>35.0</b> | <b>28.5</b> | <b>22.9</b> | <b>20.1</b> | <b>20.0</b> | <b>18.7</b> | <b>16.5</b> |
| Smoked cigarettes on 20 or more of the past 30 days (“frequent”)                                              | <b>18.0</b> | <b>14.9</b> | <b>10.8</b> | <b>8.8</b>  | <b>8.1</b>  | <b>7.9</b>  | <b>6.4</b>  |
| Among current smokers, smoked more than 10 cigarettes per day on the days they smoked during the past 30 days | <b>11.5</b> | <b>12.6</b> | <b>10.8</b> | <b>7.7</b>  | <b>7.7</b>  | <b>4.0</b>  | <b>6.9</b>  |
| Usually got their cigarettes by buying them in a store or gas station during the past 30 days                 |             | <b>11.5</b> | <b>10.1</b> | <b>9.3</b>  | <b>9.3</b>  | <b>7.5</b>  | <b>9.0</b>  |
| Smoked cigarettes on school property during the past 30 days                                                  | <b>14.0</b> | <b>10.4</b> | <b>7.7</b>  | <b>7.0</b>  | <b>6.2</b>  | <b>5.4</b>  | <b>4.3</b>  |
| Ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days (“regular”)               |             | <b>23.2</b> | <b>17.3</b> | <b>15.2</b> | <b>12.9</b> | <b>13.5</b> | <b>11.4</b> |
| Among current smokers, tried to quit smoking during the past 12 months                                        |             | <b>65.6</b> | <b>60.9</b> | <b>60.4</b> | <b>55.0</b> | <b>54.6</b> | <b>56.2</b> |
| Used chewing tobacco, snuff, or dip during the past 30 days                                                   | <b>18.2</b> | <b>15.7</b> | <b>13.2</b> | <b>14.8</b> | <b>12.9</b> | <b>14.6</b> | <b>13.5</b> |
| Used chewing tobacco, snuff, or dip on school property during the past 30 days                                | <b>9.7</b>  | <b>9.3</b>  | <b>7.7</b>  | <b>8.2</b>  | <b>7.3</b>  | <b>8.8</b>  | <b>8.0</b>  |
| Smoked cigars, cigarillos, or little cigars during the past 30 days                                           | <b>20.4</b> | <b>14.8</b> | <b>14.1</b> | <b>17.6</b> | <b>15.5</b> | <b>17.8</b> | <b>16.1</b> |
| Smoked cigarettes or cigars or used chewing tobacco, snuff, or dip during the past 30 days                    | <b>45.0</b> | <b>37.7</b> | <b>30.9</b> | <b>31.4</b> | <b>30.0</b> | <b>31.3</b> | <b>27.3</b> |

| <b><i>Alcohol and Other Drug Use</i></b>                                                                                                    | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> | <b>2011</b> |
|---------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>                                                                                                     |             |             |             |             |             |             |             |
| Had at least one drink of alcohol during their life                                                                                         | <b>86.1</b> | <b>82.9</b> | <b>81.1</b> | <b>77.8</b> | <b>77.8</b> | <b>75.7</b> | <b>72.8</b> |
| Had first drink of alcohol before age 13                                                                                                    | <b>33.4</b> | <b>35.1</b> | <b>30.4</b> | <b>27.8</b> | <b>25.9</b> | <b>24.0</b> | <b>21.4</b> |
| Had at least one drink of alcohol during the past 30 days ("current")                                                                       | <b>57.6</b> | <b>54.1</b> | <b>49.5</b> | <b>48.6</b> | <b>46.5</b> | <b>42.8</b> | <b>38.3</b> |
| Had five or more drinks of alcohol in a row during the past 30 days ("binge drink")                                                         | <b>43.6</b> | <b>41.4</b> | <b>37.3</b> | <b>34.4</b> | <b>32.7</b> | <b>30.1</b> | <b>25.2</b> |
| Among current users of alcohol, the percent who usually got the alcohol they drank from someone who gave it to them during the past 30 days |             |             |             |             | <b>38.9</b> | <b>37.9</b> | <b>34.1</b> |
| Had at least one drink of alcohol on school property during the past 30 days                                                                | <b>7.2</b>  | <b>6.9</b>  | <b>6.7</b>  | <b>6.4</b>  | <b>5.7</b>  | <b>5.1</b>  | <b>3.5</b>  |
| Used marijuana during their life                                                                                                            | <b>45.0</b> | <b>46.7</b> | <b>43.9</b> | <b>41.7</b> | <b>39.1</b> | <b>42.2</b> | <b>39.2</b> |
| Tried marijuana before age 13                                                                                                               | <b>11.8</b> | <b>12.3</b> | <b>11.0</b> | <b>11.2</b> | <b>9.5</b>  | <b>9.7</b>  | <b>8.0</b>  |
| Used marijuana during the past 30 days ("current")                                                                                          | <b>25.5</b> | <b>27.1</b> | <b>23.1</b> | <b>22.3</b> | <b>21.0</b> | <b>23.1</b> | <b>21.2</b> |
| Used marijuana on school property during the past 30 days                                                                                   | <b>7.5</b>  | <b>7.7</b>  | <b>6.4</b>  | <b>6.1</b>  | <b>5.0</b>  | <b>5.8</b>  | <b>5.5</b>  |
| Used any form of cocaine during their life                                                                                                  | <b>9.8</b>  | <b>9.4</b>  | <b>8.7</b>  | <b>9.5</b>  | <b>8.3</b>  | <b>7.2</b>  | <b>6.1</b>  |
| Used any form of cocaine during the past 30 days ("current")                                                                                | <b>4.0</b>  | <b>4.0</b>  | <b>3.8</b>  | <b>4.0</b>  | <b>2.9</b>  | <b>2.8</b>  | <b>2.4</b>  |
| Used inhalants during their life                                                                                                            | <b>16.5</b> | <b>15.0</b> | <b>13.8</b> | <b>15.4</b> | <b>16.2</b> | <b>14.2</b> | <b>11.6</b> |
| Used heroin during their life                                                                                                               | <b>2.8</b>  | <b>4.0</b>  | <b>3.2</b>  | <b>3.6</b>  | <b>2.5</b>  | <b>3.0</b>  | <b>2.6</b>  |
| Used methamphetamines during their life                                                                                                     | <b>13.5</b> | <b>12.6</b> | <b>9.3</b>  | <b>8.3</b>  | <b>4.6</b>  | <b>3.1</b>  | <b>3.1</b>  |
| Used ecstasy during their life                                                                                                              |             |             | <b>6.1</b>  | <b>6.3</b>  | <b>6.0</b>  | <b>7.3</b>  | <b>8.2</b>  |
| Took steroid pills or shots without a doctor's prescription during their life                                                               | <b>4.1</b>  | <b>5.3</b>  | <b>4.7</b>  | <b>4.4</b>  | <b>2.8</b>  | <b>3.9</b>  | <b>2.9</b>  |
| Have taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription |             |             |             |             |             |             | <b>18.4</b> |
| Used a needle to inject any illegal drug into their body during their life                                                                  | <b>2.4</b>  | <b>2.7</b>  | <b>2.6</b>  | <b>3.6</b>  | <b>2.0</b>  | <b>3.7</b>  | <b>2.0</b>  |
| Were offered, sold, or given an illegal drug on school property during the past 12 months                                                   | <b>30.0</b> | <b>29.5</b> | <b>26.9</b> | <b>25.3</b> | <b>24.9</b> | <b>20.7</b> | <b>25.2</b> |



| <b><i>Sexual Behaviors</i></b>                                                                                                                  | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> | <b>2011</b> |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>                                                                                                         |             |             |             |             |             |             |             |
| Ever had sexual intercourse                                                                                                                     | 42.5        | 43.9        | 43.6        | 43.6        | 45.7        | 47.6        | 47.9        |
| Had sexual intercourse before age 13                                                                                                            | 5.3         | 5.3         | 5.9         | 5.1         | 5.1         | 5.7         | 4.4         |
| Had sexual intercourse with four or more people during their life                                                                               | 12.1        | 13.8        | 14.0        | 13.1        | 13.7        | 16.0        | 15.0        |
| Had sexual intercourse during the past three months ("current")                                                                                 | 29.2        | 30.7        | 29.9        | 31.2        | 31.2        | 32.2        | 34.7        |
| Drank alcohol or used drugs before last sexual intercourse                                                                                      | 34.5        | 32.0        | 33.7        | 29.4        | 26.0        | 25.7        | 21.1        |
| Among currently sexually active, used a condom during last sexual intercourse                                                                   | 56.6        | 57.5        | 59.6        | 61.3        | 63.3        | 67.5        | 62.4        |
| Among currently sexually active, used birth control pills to prevent pregnancy before last sexual intercourse                                   | 20.1        | 23.1        | 24.1        | 23.8        | 23.4        | 27.4        | 21.4        |
| Among currently sexually active, used Depo-Provera (injectable birth control) to prevent pregnancy before last sexual intercourse               | 4.0         | 6.5         | 2.9         | 5.1         | 3.1         | 2.2         | 6.8         |
| Among currently sexually active, used Depo-Provera OR birth control pills to prevent pregnancy before last sexual intercourse                   | 24.1        | 29.6        | 27.1        | 28.9        | 26.5        | 29.6        | 28.2        |
| Among currently sexually active, used a condom AND used birth control pills OR Depo-Provera before last sexual intercourse to prevent pregnancy | 5.5         | 9.2         | 8.4         | 10.3        | 10.2        | 11.6        | 11.0        |
| Had ever been taught about AIDS or HIV infection                                                                                                | 91.2        | 90.2        | 88.1        | 90.0        | 89.7        | 86.5        | 85.4        |

| <b>Weight Management and Dietary Behaviors</b>                                                                                                          | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> | <b>2011</b> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>                                                                                                                 |             |             |             |             |             |             |             |
| Were overweight (i.e., at or above the 85 <sup>th</sup> percentile but below the 95 <sup>th</sup> percentile for body mass index)                       | 10.8        | 11.3        | 11.6        | 12.8        | 13.3        | 11.9        | 12.9        |
| Were obese (i.e., at or above the 95 <sup>th</sup> percentile for body mass index)                                                                      | 6.2         | 6.1         | 8.1         | 9.3         | 10.1        | 10.4        | 8.5         |
| Described themselves as slightly or very overweight                                                                                                     | 30.2        | 30.1        | 30.8        | 31.7        | 29.1        | 28.9        | 26.3        |
| Were trying to lose weight                                                                                                                              | 40.2        | 42.0        | 41.6        | 42.6        | 43.6        | 41.6        | 40.1        |
| Went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days                                          | 10.8        | 13.9        | 11.6        | 12.1        | 12.0        | 10.8        | 12.5        |
| Vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days                                                         | 4.8         | 5.4         | 6.0         | 6.3         | 5.6         | 5.3         | 4.8         |
| Drank 100% fruit juices during the past seven days                                                                                                      | 85.1        | 83.4        | 81.7        | 81.3        | 82.2        | 80.0        | 82.3        |
| Ate fruit during the past seven days                                                                                                                    | 89.1        | 88.1        | 87.8        | 87.3        | 88.9        | 88.8        | 89.9        |
| Ate green salad during the past seven days                                                                                                              | 76.2        | 74.8        | 72.3        | 71.9        | 70.4        | 71.4        | 71.3        |
| Ate potatoes during the past seven days                                                                                                                 | 80.0        | 78.5        | 77.1        | 73.1        | 73.8        | 72.9        | 74.5        |
| Ate carrots during the past seven days                                                                                                                  | 59.8        | 60.3        | 58.5        | 57.5        | 57.3        | 59.3        | 57.2        |
| Ate other vegetables during the past seven days                                                                                                         | 87.5        | 87.3        | 85.2        | 84.7        | 85.0        | 84.6        | 85.9        |
| Ate fruits and vegetables five or more times per day during the past seven days                                                                         | 19.5        | 19.4        | 16.7        | 17.0        | 17.1        | 18.4        | 16.6        |
| Ate fruits two or more times per day and ate vegetables three or more times per day during the past seven days                                          | 8.3         | 9.3         | 7.6         | 8.2         | 8.0         | 8.3         | 8.0         |
| Ate fruits two or more times per day during the past seven days                                                                                         | 28.8        | 28.7        | 27.2        | 26.3        | 27.1        | 27.4        | 26.9        |
| Ate vegetables three or more times per day during the past seven days                                                                                   | 12.0        | 14.2        | 11.7        | 12.6        | 11.7        | 13.1        | 11.9        |
| Drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days                                                       |             |             |             |             | 26.2        | 25.7        | 23.4        |
| Drank a can, bottle, or glass of an energy drink, such as Red Bull or Jolt (not sports drinks such as Gatorade or PowerAde), during the past seven days |             |             |             |             |             |             | 29.5        |
| Ate breakfast daily during the past seven days                                                                                                          |             |             |             |             |             |             | 39.5        |



| <b>Physical Activity</b>                                                                                                                      | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> | <b>2011</b> |
|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>                                                                                                       |             |             |             |             |             |             |             |
| Were physically active for a total of at least 60 minutes per day on five or more of the past seven days                                      |             |             |             | 31.2        | 44.9        | 46.0        | 54.7        |
| Were physically active for a total of at least 60 minutes per day on 0 of the past seven days                                                 |             |             |             | 25.2        | 13.3        | 13.4        | 10.0        |
| Were physically active for a total of at least 60 minutes per day on 7 of the past seven days                                                 |             |             |             | 14.0        | 21.2        | 21.1        | 28.7        |
| Watched three or more hours of TV per day on an average school day                                                                            | 24.4        | 23.5        | 25.3        | 26.3        | 22.2        | 23.7        | 22.1        |
| Played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day |             |             |             |             | 16.2        | 17.9        | 20.6        |
| Attended physical education (PE) classes on one or more days in an average week when they were in school                                      | 53.6        | 52.3        | 55.7        | 58.1        | 53.8        | 57.7        | 56.0        |
| Attended physical education (PE) classes daily in an average week when they were in school                                                    | 35.8        | 31.3        | 32.6        | 34.0        | 32.8        | 32.2        | 33.1        |
| Played on one or more sports teams during the past 12 months                                                                                  | 64.4        | 60.1        | 60.5        | 61.7        | 59.6        | 57.7        | 63.2        |

| <b>Asthma</b>                                                                     | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> | <b>2011</b> |
|-----------------------------------------------------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>                                           |             |             |             |             |             |             |             |
| Had ever been told by a doctor or nurse that they had asthma                      |             |             |             | 18.9        | 20.9        | 19.5        | 20.3        |
| Had been told by a doctor or nurse that they had asthma and who still have asthma |             |             |             |             | 11.1        | 10.4        | 10.4        |